



## Disaster Resistant Times

### Shenandoah Valley Project Impact

Citizen Corps Council and CERT Member Newsletter

June/July 2007

#### Atlantic Hurricane Names For 2007

Andrea  
Barry  
Chantal  
Dean  
Erin  
Felix  
Gabrielle  
Humberto  
Ingrid  
Jerry  
Karen  
Lorenzo  
Melissa  
Noel  
Olga  
Pablo  
Rebekah  
Sebastien  
Tanya  
Van  
Wendy

#### Hurricane Season Begins

Hurricane season began on June 1st and runs through November 30th. In 2006, due to a late El Nino that altered oceanic conditions, we had what is considered a normal hurricane season. The forecast team from Colorado State University, which includes William Gray who has spent more than 40 years in tropical weather research, is predicting a very active hurricane season for 2007. Since we have already had two named tropical systems, we need to take this prediction seriously. Seventeen named storms are predicted including five intense or major hurricanes. In 2007, there is a 50% chance of a major hurricane hitting the East Coast. While the calmness of 2006 may have given us a false sense of security, our vulnerability still exists. Few of us will ever forget the hurricane season of 2005 with its 28 named storms that included Katrina and Rita.

#### CERT Learns About Wildlife And Disaster

On May 8th, Dr. David McRuer a veterinarian from the Wildlife Center of Virginia gave the CERT members a presentation about disaster planning and wildlife. CERT members learned about the types of disasters that affect wildlife, preparedness and response planning, and how to deal with wildlife in a disaster. CERT members now have a better idea of how to protect themselves if they come across wildlife, how to gather needed information, and provide emergency stabilization of wildlife. The Shenandoah Valley is lucky that the Wildlife Center is located here. It is one of only a few combination wildlife veterinary hospital and rehab centers in existence. The Wildlife Center relies on donations, grant funding, and the help of volunteers to operate. Please consider making a financial contribution, donating needed medical supplies, or volunteering your time to this valuable and worthwhile organization. For additional information about the Wildlife Center, check out their website at [www.wildlifecenter.org](http://www.wildlifecenter.org).

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## Preparedness For the Blind and Visually Impaired

- by Phyllis Campbell, Citizen Corps Council Member

### Do You Goodsearch?

What if your favorite charity earned a penny every time you searched the Internet? Well, now it can!

GoodSearch.com is a new search engine that donates half its revenue, about a penny per search, to the charities its users designate. You use it just as you would any search engine, and it's powered by Yahoo!, so you get great results.

Just go to **www.goodsearch.com** and be sure to enter the name of your charity as the charity you want to support. Just 500 of us searching four times a day will raise about \$7300 in a year without anyone spending a dime! And, be sure to spread the word!

Our Citizen Corps partner, the Talking Book Center is one of the places you can designate as a charity when you use goodsearch!

 GoodSearch

As life expectancy increases more and more, people find themselves in the ranks of the blind and vision impaired, meaning that they are totally blind or that vision is impaired to the point that they can no longer function as they once did. Many social and economic barriers have either changed or been removed completely. Happily the blind man on the street holding out a tin cup has almost vanished, and grandma or maiden aunt "she's blind poor thing" is seldom shunted from relative to relative, often taken in pity and a sense of duty.

The blind are proud to be productive members of society, living independently and with dignity. It can't be denied, however that we, and I count myself among the ranks of the blind, can't deny that our environment both at work and at home may need certain adaptations. As I look at my lifestyle, I realize my special needs in an emergency situation reflect not only those of others who have no vision problem, food water batteries etc, but in some ways are different. This brief article is not intended to cover the entire spectrum, but only serve as a guideline to the blind or visually impaired themselves or care givers or family members.

Perhaps the most important consideration is shelter in case your neighborhood must be evacuated. If you live alone, find out what provisions are usually made in such situations. Try to be sure that emergency workers know in advance that you will need special help. Don't wait for someone to do it for you. People aren't mind readers, and you could find yourself in big trouble as the kids say.

If you use a magnifier be sure that you pack it along with your medicine and other emergency essentials, and if you need batteries for any of your small items pack those, too, and replace them often with new ones, using the ones from your pack at home.

If you have important documents on your computer, copy them on to a CD or floppy disk. We don't like to think that our home and possessions could be destroyed, but it could happen. Be sure your important documents disk contains your bank account number, and names and numbers of any prescriptions, just in case the bottles are lost or damaged. Also include any important telephone numbers you might need to use. Pack your disk carefully in a static free envelope, and update it as needed.

Keep your emergency items packed, and be absolutely sure you can

## Hurricane Season Checklist For CERT Members

For CERT members who may be asked to volunteer during and after a storm, here are some things that you can do to prepare. In order to be an effective disaster volunteer it is important to be prepared well ahead of the time you are needed.

- ☐ Have your family disaster plan completed - including an out of town contact person.
- ☐ Restock your disaster supply kit with all necessary supplies.
- ☐ Make sure family members, friends, or neighbors that you would worry about have a plan and supplies.
- ☐ Have a plan (and back-up plan) and disaster supplies for your pets.
- ☐ Have your CERT bag packed with things you might need while you volunteer including snacks, a flashlight and extra batteries, a waterproof jacket, medications, contact lense supplies or glasses, etc.
- ☐ During Hurricane Season watch for storm systems and check your email regularly.



find them. Don't expect the person who has come to take you to safety to look around and help you find it. If possible keep medications in your pack, but if this isn't possible be sure you pack everything you will need at the first sign that alerts you to possible evacuation. Invest in an extra folding cane, and put it in your emergency pack, and be sure when choosing your pack that it is light weight, and compact, something you can carry yourself. If you have a physical problem other than blindness so that you need help explain this to the person who has come to evacuate you. Remember that there may be others who may need help more than you do, be considerate. Remember, though, that you have the right to ask for the help you need.

What about the not-so-big emergency such as a power outage? Remember that you may need extra batteries, especially if you're like I am, and can hardly go to sleep without listening to an audio book. Be sure that you have a reliable radio. Emergency news is important to everyone, but especially to those of us who may need a bit of extra help.

If you have a helper who comes in regularly, remember that she/he may not be able to get there in extremely bad weather. Plan for this with meals that you can manage yourself, remembering that nobody can cook if their stove is electric, so be sure that you have things which can be consumed cold, and if your can opener is electric be sure that you have a supply of things with pull tabs.

Be sure that you have the kind of phone that plugs directly into a jack, rather than depending entirely on those convenient cordless phones.

Always mark your medicine bottles in some way that you can tell what you're taking in case your helper can't come.

If possible have a radio that works off electricity in addition to the one with batteries. Turn it on, and when the power comes on you'll know. If this isn't possible and you want to check quickly, turn on a lamp, and feel the bulb, or hit the switch on your disposal. Remember, though to be sure that appliances such as air conditioners are turned off to avoid surges which could throw a breaker or blow a fuse.

I have only touched the surface here, but perhaps this will start you thinking about things that you will need to do. Remember the old Scout motto, "Be prepared" no matter what your needs are.



### New Signs That Someone Is Having A Stroke

Sometimes symptoms of a stroke can be difficult to identify. When someone has a stroke, seeking timely medical attention is crucial. Now there are three simple questions that a bystander can ask to recognize if an individual has had a stroke. All you need to remember is **S-T-R!**

**S:** ask the individual to **Smile**

**T:** ask the person to **Talk**

**R:** ask him or her to **Raise** both arms

If the individual has trouble with anyone of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

## What Is An EFFAK And Why Do You Need One?

An EFFAK is an "Emergency Financial First Aid Kit". Hope Coalition America is America's first nonprofit social investment bank. As they began providing free financial recovery services for those affected by natural disasters and national emergencies, HCA realized that people need a financial tool to assist them to prepare in advance so they created the EFFAK.

What is contained in an EFFAK? Personal household information, contact information for professional advisors and health care providers, and a checklist for important legal documents and financial statements. The EFFAK is a simple tool designed to assist you and your family in maintaining financial stability in the event of an emergency. Having an Emergency Financial First Aid Kit helps you to identify and organize key financial records and provides a quick reference file for your most important financial documents.

For your own EFFAK to fill in, visit the Hope Coalition America website at [www.hopecoalitionamerica.org](http://www.hopecoalitionamerica.org). The EFFAK is a tool for all Americans. Regardless of our annual income or financial assets, we all need to have our financial records in order to help maintain stability in the event of an emergency.

## Hurricane Friends: Helping People Find Shelter From The Storm

The Hurricane Friends website, [www.hurricanefriends.com](http://www.hurricanefriends.com) is one way that people can plan for a place to stay if they need to evacuate from their homes because of a hurricane. The website is free of charge and allows a person to register as either a host willing to let someone stay in their home if they have to evacuate or as a guest if they are someone who may need to evacuate. Or if you could be in either situation you can register as a host/guest. When you register, you are asked to fill out a short profile to match you with a person or family who has similar likes and dislikes that you have. They also have a way you can let people know if you need a ride out of the evacuated area. It is exciting to see a useful tool to help people with their individual planning, especially in terms of evacuation. The Hurricane Friends website as additional information and tells you how register to participate in this service.